



Edge™ 205/305

owner's manual



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Garmin International, Inc.
1200 East 151st Street
Olathe, Kansas 66062, U.S.A.
Tel. 913/397.8200 or
800/800.1020
Fax 913/397.8282

Garmin (Europe) Ltd.
Unit 5, The Quadrangle
Abbey Park Industrial Estate
Romsey, SO51 9DL, U.K.
Tel. 44/0870.8501241
Fax 44/0870.8501251

Garmin Corporation
No. 68, Jangshu 2nd Road
Shijr, Taipei County, Taiwan
Tel. 886/2.2642.9199
Fax 886/2.2642.9099

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INTRODUCTION

Thank you for choosing the Garmin® Edge™! Track your cycling activities using this advanced GPS-enabled computer.

About This Manual

To get the most out of your Edge, review this manual and the *Edge Quick Reference Guide*.

Getting Started—charge your Edge, position and use the heart rate monitor and GSC10 speed and cadence sensor, and set up the Edge for your first ride.

Training—customize alerts and create workouts and courses on your Edge.

History—view and manage your Edge history data.

Navigation—learn about the navigating features of your Edge, including how to save and find locations, create routes, and view the satellite page.

Customizing—configure your Edge settings to fit your training needs.

Appendix—review specifications, cleaning instructions, information about Garmin Training Center™, and optional accessories. Be sure to read the safety information in this section to learn how to use your Edge safely and responsibly.

Index—contains a comprehensive index by subject.

GETTING STARTED

Follow the instructions in this section to set up and begin using your Edge.

Charge the Battery

The Edge is powered by a built-in lithium-ion battery that you can recharge with the A/C charger included in the product box. You can also charge the Edge with the USB cable and your personal computer. Charge the Edge for at least three hours before you begin using it.

WARNING: Be sure the mini-USB port, weather cap, and surrounding area are thoroughly dry before charging or connecting to a personal computer to prevent corrosion.

To charge the Edge:

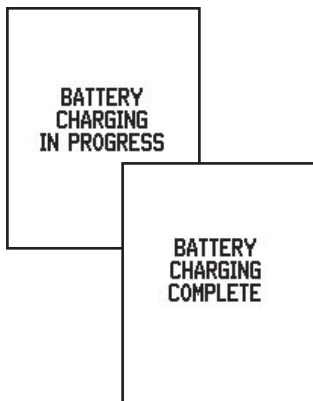
1. Turn the Edge over and pull back the weather cap from the mini-USB port on the back of the unit.



2. Locate the A/C charger included in the product box. Plug the mini-USB end of the charger into the mini-USB port on the Edge. Then plug the A/C charger into a standard wall outlet.

NOTE: *The unit will not charge outside the temperature range of 0°C–50°C (32°F–122°F).*

3. Plug the A/C charger into a standard wall outlet. When the battery is completely charged, it can run for approximately 12 hours before recharging.



Buttons



1 power

- Press and hold to turn unit on/off.
- Press to turn backlight on/off.

2 mode

- Press to switch modes.
- Press to return to the previous page.
- Press and hold to switch bike profiles.

3 reset/lap

- Press and hold to reset the timer.
- Press to create a new lap.

4 start/stop

Press to start/stop the timer.

5 up/down ▲▼

- Press to highlight options.
- Press to scroll through menus and data fields.
- Press to adjust contrast when on the Satellite page.

6 enter

Press to select options and to acknowledge messages.

NOTE: Press **mode** and **reset/lap** simultaneously to reset the unit.

Icons

Battery icon shows the current battery charge level.



Satellite icon changes from blank to 3D when receiving satellite signals.



USB connection icon appears when Edge is connected to your PC using the USB cable.



Timer icon appears when timer starts.



Heart Rate icon is constant (no flashing X) when receiving data.



Cadence icon is constant (no flashing X) when receiving data.

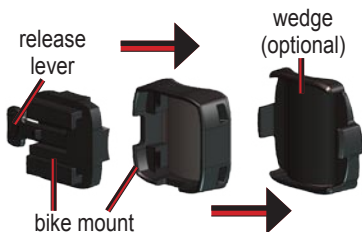
Position the Edge

For best results, position the Edge with the face oriented toward the sky. This position allows the GPS antenna to acquire satellite information quickly.

You can install the bike mount to the stem or handlebars. The stem installation (shown here) provides a more sturdy location. The optional wedge should be used under the mount for a better viewing angle.

To install the Edge on your bike stem:

1. Place the wedge on the bike stem, and then place the bike mount on the wedge. Make sure the release lever is on the left.



For horizontal bars: Separate and remove the top part of the mount, turn it 90 degrees, and replace. Continue with step 2.

For bars with a diameter less than 1 in (25.4 mm): Place the additional rubber pad under the bike mount to increase the diameter of the bar. The rubber pad also keeps the mount from slipping. Continue with step 2.

2. Attach the bike mount securely using two cable ties. Make sure the cable ties are threaded through both parts of the bike mount.
3. Align the Edge with the bike mount so that the unit is vertical.



4. Slide the unit left until it snaps into place.



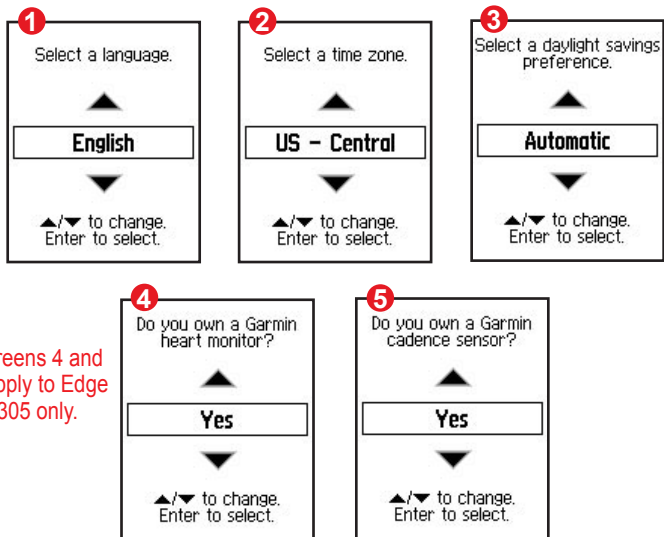
Top view of Edge being mounted on a horizontal bar.

To release the unit:

Press down on the release lever, and slide the unit to the right.

Configure the Edge


When you first turn on your Edge, the following setup screens appear. Follow the on-screen instructions:



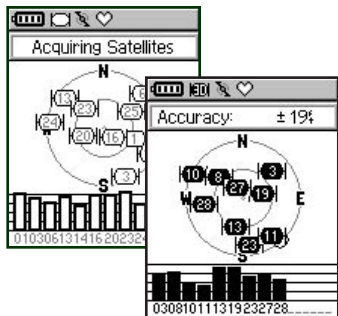
Acquire Satellite Signals

Before you begin using the Edge, you must acquire GPS satellite signals. It may take 30–60 seconds to acquire signals.

To acquire satellite signals:

Go outdoors to an open area. Then press and hold the **Power**  button to turn on the Edge.

On the Satellite page, the available satellites are flashing while the Edge searches for satellite signals. Acquired satellites and each corresponding bar below change to solid. The GPS accuracy appears at the top of the page.



Wait while the Edge searches for satellites. For best reception, make sure the Edge is facing up. Stand still in an open area, and do not begin moving until the Satellite page disappears. After the Satellite page disappears, you can begin your ride.

NOTE: To turn off GPS receiver and use the Edge indoors, see [page 55](#).

Position the Heart Rate Monitor

NOTE: *The heart rate monitor is an accessory for the Edge 305 only.*


Wear the heart rate (HR) monitor directly on your skin, just below the breastplate. It should be snug enough to stay in place during your workout. To view heart rate information on your Edge during a workout, you must add it to the data fields on one of the data pages. See [page 53](#) for more

information on customizing the data fields on your Edge.

To use the heart rate monitor:

1. Push one tab on the elastic strap through the slot in the heart rate monitor.
2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.



3. Place the heart rate monitor directly on your skin, just below the breastplate. Wrap the strap around your chest and attach the strap to the other side of the heart rate monitor.
6. Bring it within range (3 meters) of the heart rate monitor. The heart rate monitor automatically transmits your heart rate to the Edge, and the heart rate icon  changes from flashing to constant.

NOTE: *If you have trouble with erratic heart rate readings, position the transmitter on your back instead of your chest, or try applying electrode gel.*

4. Tighten or loosen the strap as necessary so that it fits snugly against your body.
5. Turn on the Edge.

TIP: *Be sure to move away from other heart rate monitors while the Edge is trying to “pair” with your heart rate monitor and begin receiving heart rate data. Once the Edge pairs with your heart rate monitor, you can go near other heart rate monitors. For more information on pairing, training, and troubleshooting, see [pages 70-74](#).*

Position the GSC10™ Sensor

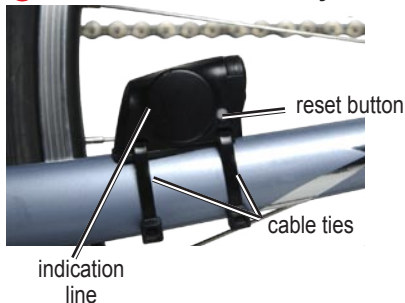
NOTE: The GSC10 is an accessory for the Edge 305 only.

The Edge 305 CAD includes a wireless speed and cadence sensor. Both magnets must be aligned with their respective indication line for the Edge to receive data.

To install the GSC10:

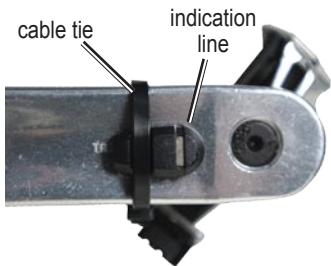
1. Place the GSC10 on the rear chain stay. Loosely attach the GSC10 using two cable ties.

1 GSC10 on rear chain stay



2. Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie. Make sure the pedal magnet is within 5 mm of the GSC10 and the indication line on the pedal magnet lines up with the indication line on the GSC10.
3. Attach the spoke magnet by unscrewing the magnet from the plastic piece. Then place the spoke in the groove of the plastic piece and tighten slightly. The magnet can face away from GSC10 if there is not enough room between sensor arm and spoke. Make sure the magnet is aligned with the sensor arm indication line.

2 pedal magnet on crank arm



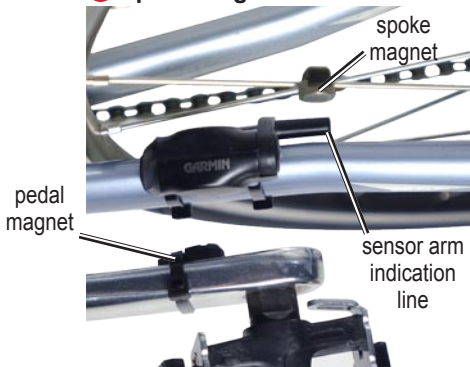
4. Unscrew and move the sensor arm to within 5 mm of the spoke magnet. You can also tilt the GSC10 closer to either magnet for improved alignment.

5. Press the **Reset** button on the GSC10. The LED light turns red, then green. Pedal to test the sensor alignment. The red LED blinks each time the crank arm passes the sensor, and the green LED blinks each time the wheel magnet passes the sensor arm.

NOTE: The LED blinks for the first 60 passes after a reset. Press **Reset** again if you require additional passes.

6. When everything is aligned and working correctly, tighten the cable ties, sensor arm, and spoke magnet.

3 spoke magnet on wheel



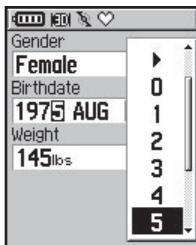
Set Your User Profile

The Edge uses information that you enter about yourself to calculate calorie consumption. Set your user profile before you begin using the Edge to ensure it is recording accurate workout data.

To set your user profile:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > User Profile**.
3. Enter your **Gender**, **Birth Date**, and **Weight**.

TIP: When finished selecting options or entering values on your Edge, press the **mode** button to exit the field or page.



If you are setting your user profile for the first time (Edge 305 with heart rate monitor), a Max HR message appears. Select **Yes** to adjust your maximum heart rate calculation based on your user profile.

Set Your Bike Profile

You can set up to three profiles.

To set your bike profile:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > Bike Profile**.



3. Select the bike profile you wish to use.
4. Enter the **Bike Weight**.

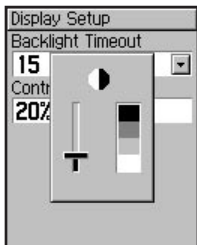
5. If you have an Edge 305 with the GSC10 speed and cadence sensor on your bike, select the **Sensor Mounted** check box.
6. In the **Wheel Size** field, select **Auto** to have the GSC10 automatically detect your tire size using GPS data or select **Custom** to enter your tire size.

Change the Backlight and Contrast Settings

To change the Edge display:

1. Press **mode** to access the **Main Menu**.
2. Select **Settings > System > Display**.

3. Select the amount of time the backlight stays on. Use a short backlight timeout setting to conserve battery power.
4. Select the amount of screen contrast.



NOTE: You can also adjust the screen contrast on the Satellite page using the ▲▼ arrows.

TRAINING

The Edge offers several training features and optional settings. Use your Edge to set goals and alerts, train with a Virtual Partner™, program workouts, and plan courses based on existing rides.

Auto Pause/Lap

You can set the Edge to pause the timer automatically during your ride when you stop moving or your speed drops below a custom value. This setting is helpful if your course includes stop lights or other places where you need to slow down or stop.

When you turn on Auto Pause, the Edge stores any paused time as Rest Time and any paused

distance as Rest Distance. To add these data fields to a custom page, see [page 53](#).

NOTE: *Rest time and rest distance for Auto Pause are not stored in history.*

You can use the Auto Lap Trigger feature to automatically mark the lap at a specific position or after you have traveled a specific distance. This setting is helpful for comparing your performance over different parts of a ride (each 5 or a major hill, for example).

To set Auto Pause/Lap:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Auto Pause/Lap**.

3. In the **Auto Timer Pause** field, select **When Stopped** or **Custom Speed** to enter a value.

Auto Pause/Lap	
Auto Timer Pause:	
Custom Speed	
Pause When:	
0.2 ^m	
Auto Lap Trigger:	
By Distance	
Lap At:	
1.00 ^m	

4. In the **Auto Lap Trigger** field, select **By Distance** to enter a value or **By Position** to choose an option:

- **Lap Press only**—triggers the lap counter each time you press the **lap** button and every time you pass that location again.

- **Start And Lap**—triggers the lap counter at the GPS location where you press the **start** button and at any locations during the ride where you press the **lap** button.
- **Mark And Lap**—triggers the lap counter at a specific GPS location marked before the ride and at any locations during the ride where you press the **lap** button.

Auto Pause/Lap	
Auto Timer Pause:	
Off	
Auto Lap Trigger:	
By Position	
Lap At:	
Mark And Lap	
Mark Position	

Alerts

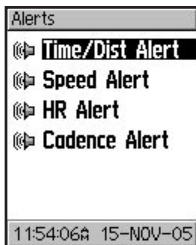
Use Edge alerts to train toward certain time, distance, speed, heart rate, and cadence goals.

Using Time and Distance Alerts

Time and distance alerts are useful for long workouts when you want to train for a certain amount of time or distance. When you reach your goal, the Edge beeps and displays a message.

To set a time or distance alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > Time/Dist Alert**.



3. In the **Time Alert** field, select **Once** or **Repeat**.
4. Enter a time in the **Alert At** field.



5. In the **Distance Alert** field, select **Once** or **Repeat**.
6. Enter a distance in the **Alert At** field.

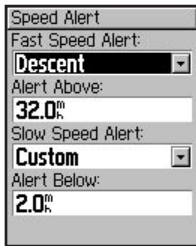
Using Speed Alerts

Speed alerts notify you if you exceed or drop below a custom speed setting during your ride.

The speed alert takes advantage of Speed Zones, which are ranges of speed that you can store in the Edge. For more information, or to set your Speed Zones, see [page 59](#).

To set a speed alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > Speed Alert**.
3. In the **Fast Speed Alert** field, select a Speed Zone from the menu or select **Custom** to enter your own alert value.



4. Repeat for the **Slow Speed Alert**.

Using Heart Rate Alerts

NOTE: Heart rate alerts are a feature of the Edge 305 only.

Similar to speed alerts, the heart rate alert notifies you if your heart rate exceeds or drops below a specific number of beats per minute (bpm).

Heart rate alerts can also notify you if your heart rate exceeds or drops below a certain heart rate zone—a range of beats per minute. The five commonly accepted heart rate zones can help you determine the intensity of your workout. For more about setting your heart rate zones, see [page 60](#). For more information about training with heart rate zones, see [page 70](#).

To set a heart rate alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > HR Alert**.
3. In the **Min HR Alert** field, select a zone from the menu or select **Custom** to specify your own alert value.



Heart Rate Alert	
Min HR Alert:	<div>Custom</div>
Alert Below:	<div>60bpm</div>
Max HR Alert:	<div>Custom</div>
Alert Above:	<div>180bpm</div>

4. Repeat for the **Max HR Alert**.
The maximum value allowed is 235 bpm.

NOTE: When entering custom heart rate values, you must set your minimum and maximum alerts at least 5 bpm apart.

Using Cadence Alerts

NOTE: Cadence alerts are a feature of the Edge 305 only.

Similar to speed alerts, the cadence alert notifies you if your cadence exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm). For more information about training with cadence, see [page 75](#).


To set a cadence alert:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Alerts > Cadence Alert**.
3. In the **Fast Cadence Alert** field, select **On**.
4. Enter a value in the **Alert Above** field. The maximum cadence value allowed is 255.



5. Repeat for the **Slow Cadence Alert**.

Virtual Partner

Your Virtual Partner  is a unique tool designed to help you meet your training goals. The Virtual Partner competes with you during quick workouts and courses. The Virtual Partner “rides” alongside (top bike graphic) of you. Your current time, speed, distance, and distance from the Virtual Partner appears on the Workout page. If you are ahead of the Virtual Partner, the bottom field background is white. If you are behind, the background is black (as shown).

To see Virtual Partner data:

1. Set up a quick workout or course.
2. Press **mode** to see the Workout or Course page.
3. Press **start**.
4. Press **enter** to scroll through the workout or course data pages.



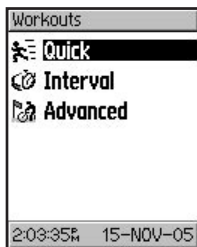
Virtual Partner
You

To turn off Virtual Partner:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Virtual Partner**.
3. In the **Virtual Partner** field, select **Off**.

**Workouts: Quick, Interval, and Advanced**

From the **Main Menu**, select **Training > Workouts** to choose the type of workout right for you.



Quick and interval workouts are replaced each time you create a workout of the same type. Advanced workouts can be saved, edited, and transferred between Training Center and your Edge.

Using Workouts

During your workout, press **mode** to see the Workout data page. When you complete all steps in your workout, the “Workout Finished!” message appears.

To end a workout early:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Stop Workout**.

To end a workout step early:

Press the **lap/reset** button.

Quick Workouts

It is easy to set up a challenging workout with your Edge based on the following criteria:

- Distance and time
- Time and speed
- Distance and speed



To set up a quick workout by distance and time:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Dist & Time**.
3. Enter values in the **Distance** and **Time** fields.
4. Check the Speed field to ensure that the calculated speed (based on your distance and time values) seems reasonable. If not, make changes to the Distance and Time fields.
5. Select **Done**.
6. Press **start** to begin your workout.



To set up a quick workout by time and speed:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Time & Speed**.
3. Enter values in the **Time** and **Speed** fields.
4. Check the Distance field to ensure that the calculated distance (based on your time and speed values) seems reasonable. If not, make changes to the Time and Speed fields.
5. Select **Done**.
6. Press **start** to begin your workout.

To set up a quick workout by distance and speed:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts > Quick Workouts > Dist & Speed**.
3. Enter values in the **Distance** and **Speed** fields.
4. Check the Time field to ensure that the calculated time (based on your distance and speed values) seems reasonable. If not, make changes to the Distance and Speed fields.
5. Select **Done**.
6. Press **start** to begin your workout.

Interval Workouts

You can create simple and challenging interval workouts with your Edge based on the following criteria:

- Ride a certain distance and rest for a certain amount of time.
- Ride for a certain distance and rest for a certain distance.
- Ride for a certain amount of time and rest for a certain amount of time.
- Ride for a certain amount of time and rest for a certain distance.

To create an interval workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Interval**.
3. Select an option from the Interval Workout page according to how you want to set up intervals.
4. Enter distance or time values into the appropriate fields.
5. In the **Reps** field, enter number of times you want to repeat each interval.
6. Select **Done**.



Interval Workout
Distance:
5.00 ^m
Rest Time:
00:01:00
Reps:
4
Done?

7. Press **start** to begin your workout.

An audible alarm sounds when you reach a rest lap, and a message appears, counting down the rest time or distance until a new interval lap begins. During the rest lap, another audible alarm sounds when you are within 5 seconds or 20 meters (~ 65 feet) of resuming your workout.

Advanced Workouts

Your Edge allows you to create and save advanced workouts that include goals for each workout step and varied distances, times, and rest laps. Once you create and save a workout, you can use the Training Center software to schedule the workout for a particular day. Scheduling allows you save setup time by planning workouts in advance and storing them on your Edge. For more information about installing Training Center, see [page 76](#).

Creating Advanced Workouts

Garmin recommends that you use the Training Center software to create workouts and transfer them to your Edge. However, you can create and save an advanced workout directly on your Edge if you wish. Note that you cannot use the Edge to schedule workouts; you must use Training Center.

To create an advanced workout using the Edge:

1. Press **mode** to access the **Main Menu**. Select **Training**.
2. Select **Workouts** > **Advanced** > **<Create New>**.
3. Enter a descriptive workout name in the top field (for example, **40KHILLS**).

4. Select **"1. Open No Target."**
Select **Edit Step**.

Workout Step	
Duration	Open
Until Lap Is Pressed	
Target	Speed
	Climb 4
1.00 ^m	To 4.00 ^m
Rest Lap	Yes

5. In the **Duration** field, select how long you want the step to last. If you select **Open**, you can end the step during your workout by pressing **lap**.
6. Below **Duration**, enter the value where you want the step to end.

7. In the **Target** field, select your goal during the step (Speed, Heart Rate, Cadence, or None).

NOTE: *Heart rate and cadence targets are for the Edge 305 only.*

8. Enter a target value from the menu. For example, if your target is heart rate, select a heart rate zone or enter a custom range. Select **None** if you do not want to set a target for this step.
9. Below **Target**, enter a goal value for this step (if necessary).

10. If this is a rest lap, select the **Rest Lap** field, and then select **Yes**. (Creating rest laps affects your workout history; see “Viewing Workout History.”)

11. Press **mode** to continue setting up this workout.
12. To enter another step, select **<Add New Step>**. Then repeat steps 5–11.

To repeat steps:

1. Select **<Add New Step>**.
2. In the **Duration** field, select **Repeat**.
3. In the **Back to Step** field, select the step you want to return to.
4. In the **Number of Reps** field, enter the number of repetitions.

Workout Step	
Duration	Repeat
Back To Step	1
Number Of Reps	3

5. Press **mode** to continue.

Starting Advanced Workouts

Once you begin an advanced workout, the Edge displays each step of the workout, including the name of the step, the goal (if any), and current workout data.

To start an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.
3. Select the workout you want to start.
4. Select **Do Workout**.
5. Press **start** to begin your workout.

NOTE: During the workout, press the **enter** button to view more data pages.

An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Editing Advanced Workouts

You can edit workouts within Training Center or directly in the Edge. However, if you edit workouts in the Edge, your changes may be temporary. Training Center serves as the “master list” of workouts: if you edit a workout in the Edge, the changes will be overwritten the next time you transfer workouts from Training Center. To make a permanent change to a workout, edit the workout in Training Center and then transfer it to your Edge.

To edit an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.
3. Select the workout you want to change. Select **Edit Workout**.
4. Select the step you want to edit. Select **Edit Step**.
5. Make any necessary changes, and press **mode**.
6. Edit other steps as necessary.
7. Press **mode** to exit.

To delete an advanced workout:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Workouts > Advanced**.

3. Select the workout you want to delete. Select **Delete Workout**.
4. Select **Yes** to delete the workout.

Courses

Another way you can use the Edge for custom training is to create and edit courses based on a previously recorded activity. You can race against the course trying to match or exceed previously set goals. You can also race against the Virtual Partner when training with courses. To turn on Virtual Partner, see [page 28](#).

Creating Courses

Garmin recommends that you use the Training Center software to create courses and course

points. Then you can transfer them to your Edge. For more information, see the Training Center Help system.

You can also create a course (without course points) on your Edge.

To create a course on your Edge:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses > <Create New>**.
3. From the History page, select a previous ride on which to base your course.
4. Enter a descriptive course name in the top field (for example, **10KFLAT**).
5. Press **mode** to exit.

Using Courses

Once you begin a course, press **mode** to see the Course data page. Press **enter** to view additional pages of course data.

Course	
Time 00:42:35	
Speed 0.0 ^m _h	Distance 13.2 ^m _i
Dist To Go 0 ^f _t	Time To Go --:--
Crs Pt Dist  -- ^m _i	Max Speed 23.7 ^m _h

To start a course:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.

3. Select the course you want to start.
4. Select **Do Course**.
5. Press **start** to begin your course.

To end a course manually:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Stop Course**.

To edit a course name:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.
3. Select the workout you want to change. Select **Edit Course**.
4. Edit the course name, and press **mode** to exit.

To delete a course:

1. Press **mode** to access the **Main Menu**.
2. Select **Training > Courses**.
3. Select the course you want to delete. Select **Delete Course**.
4. Select **Yes** to delete the course.

HISTORY

Your Edge automatically saves all training data (when the timer is started) and can hold up to two years (1000 laps) of data in memory. When the memory is full, your oldest Edge data is overwritten. Load your history into the Training Center software periodically to keep track of all of your workouts. You can view the data on your Edge or transfer the history to the Training Center software, where you can analyze your data.

History data includes time, distance, calories, average speed, maximum speed, altitude, and detailed lap information. Edge 305 history data also includes heart rate and cadence.

No data is saved when the timer is stopped.

Viewing History

After you have finished a ride, you Edge stores history data that you can view by day, week, or totals.

To view history by day:

1. Press **mode** to access the **Main Menu**.
2. Select **History > By Day**.
3. Press ▼ to scroll through the list. As you scroll, summary details appear below the list.
4. Select an entry to view details. Select **View Laps** for additional lap detail.

About Lap Detail

The Edge displays history details differently, depending on the type of training you did. Details of a quick workout appear on one summary page. Details of Virtual Partner, interval workouts, advanced workouts, and courses appear with tabs, which organize information into sections. To view information on different tabs, press the ▲ and ▼ arrows.



To view laps on map:

1. While viewing details for a history entry, select **View Laps**.
2. Select a lap in the list.
3. Select **View on Map**.



4. Press the ▲ and ▼ arrows to zoom in and out on the map. When you are finished viewing the lap, select **Next** to view the next lap. Press **mode** to exit.



To delete laps or entire trips from history:

1. While viewing details for a history entry, select **View Laps**.
2. Select the lap you want to delete.
3. Select **Delete Lap** or **Delete Entire Trip**. Select **Yes** to confirm.

NOTE: To delete more or all of your Edge history, see “Deleting History” on [page 45](#).

To view history by weeks:

1. Press **mode** to access the **Main Menu**.
2. Select **History > By Week**.
3. Press ▼ to scroll through the list of weeks. As you scroll, totals for each week appear below the list.
4. Select a week to view details in that week by day.

To view history totals:

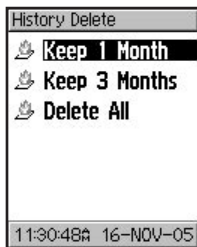
1. Press **mode** to access the **Main Menu**.
2. Select **History > History Totals**. Totals appear for distance, time, and calories for all of your saved workouts.
3. Select **View Weeks** to see a list of weeks.

Deleting History

After you have transferred several months of Edge data to Training Center, you may want to delete the history from your unit.

To delete workout history:

1. Press **mode** to access the **Main Menu**.
2. Select **History > Delete**.



3. Select **Keep 1 Month**, **Keep 3 Months**, or **Delete All**. Select **Yes** to confirm.

NAVIGATION

Use the GPS navigation features of your Edge to view your ride on a map, mark and save locations you want to remember, and create routes.



Navigating with the Map

Press **mode** to see the Map page. Once you start the timer and begin to move, a tiny dotted line appears on the map, showing

you exactly where you have traveled. This dotted line is called a track. At the bottom of the map, you can view the zoom level. To zoom in or out on the map, press the **▲** and **▼** **arrows**. At the top of the map, you can view the direction you are traveling. At the top of the map, you can add custom data fields. See [page 53](#).



Marking and Finding Locations

A location is a point on the map that you store in memory. If you want to remember landmarks or return to a certain spot, mark a location there. The location appears on the map with a name and symbol. You can find, view, and return to locations at any time.

To mark your location:

1. Go to a place where you want to mark a location.
2. Press **mode** to access the **Main Menu**.
3. Select **Navigation > Mark Location**.



4. Enter a descriptive location name in the top field (for example, **CITY PARK**). You can also change the symbol in the top left field.
5. Select **OK**.

To find and go to a Location:

1. Press **mode** to access the **Main Menu**.
2. Select **Navigation > Find**.